Field Sanitation Team Certification Course (FSTC)

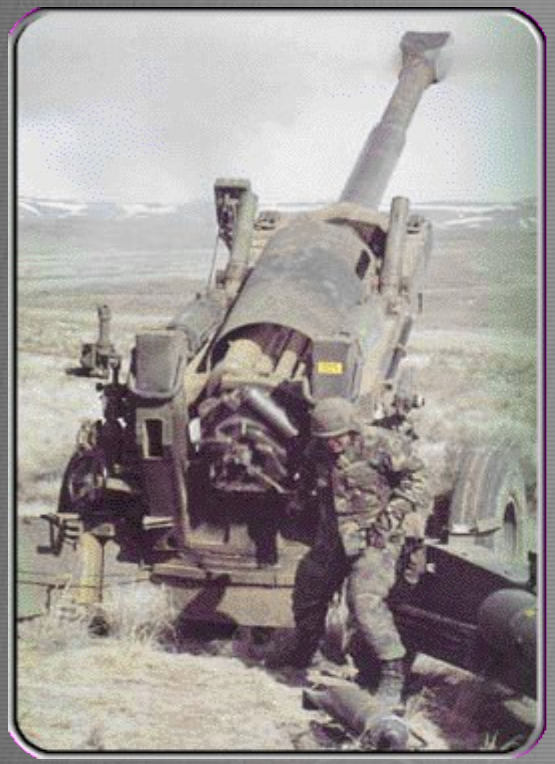
NOISE HAZARDS AND NOISE MANAGEMENT

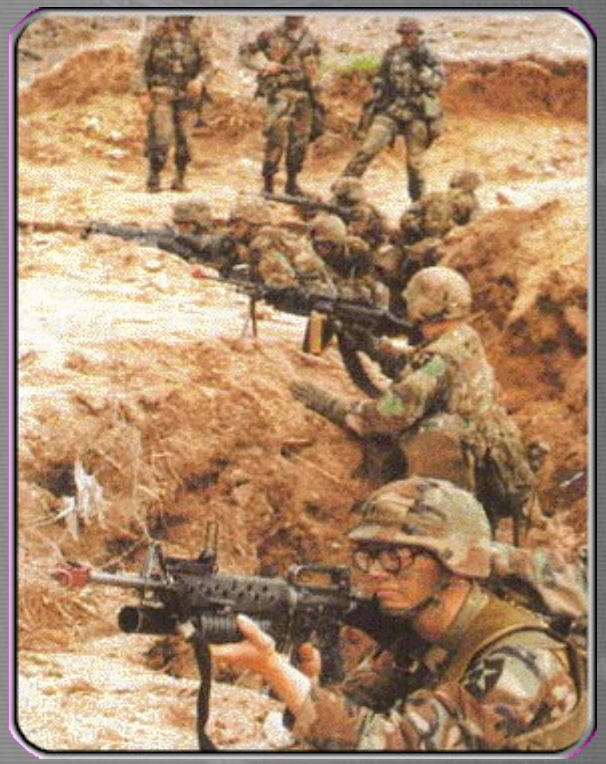
Enabling Learning Objectives

- Define the two types of noise
- Recognize the effects of noise on the individual and on the mission
- Identify the preventive medicine measures(PMM) necessary to protect personnel from exposure to noise
- Identify the individual preventive medicine measures(IPMM) necessary to protect personnel from exposure to noise
- Identify the noise management measures necessary to protect personnel from exposure to noise

Noise

Impulse/Impact Noise





- **Impulse Noise**
  - **Small arms fire**
  - **Cannon fire**

Steady Noise

- **Steady Noise**
  - **Field generators**
  - **Personnel carriers**
  - **Vehicles**
  - **Aircraft**

Effects of Noise

Immediate Reactions

- Immediate Reacti
  - Ringing in ears
  - Temporary hearing loss
  - Pain

Long Term Reactions

- Long Term Reactions
  - Permanent hearing loss
  - No known treatment

Effects of Noise on the Unit Mission

- Inability to hear important sounds
- Soldiers/units can be caught by surprise

Preventive Medicine Measures - PMM

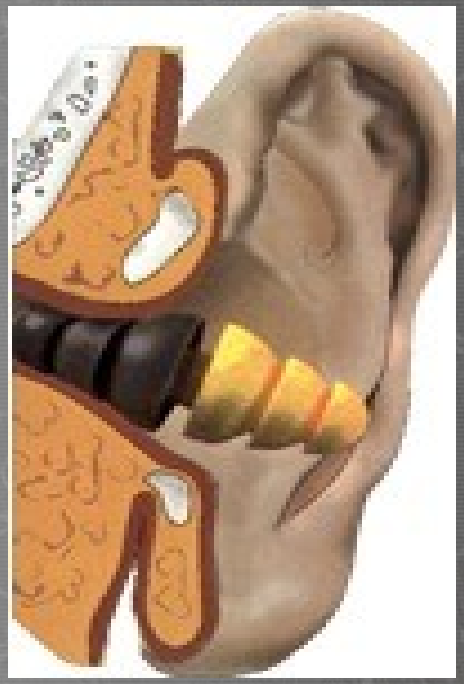
- Protective devices are available to all soldiers
- Vehicle/aircraft crewmembers wear protective helmets
- Train wearing hearing protectors
- Leadership awareness of effects of noise
  - Man LP/OP's with unexposed soldiers
  - Use NVG's or alarms to increase security

Other Hearing Devices

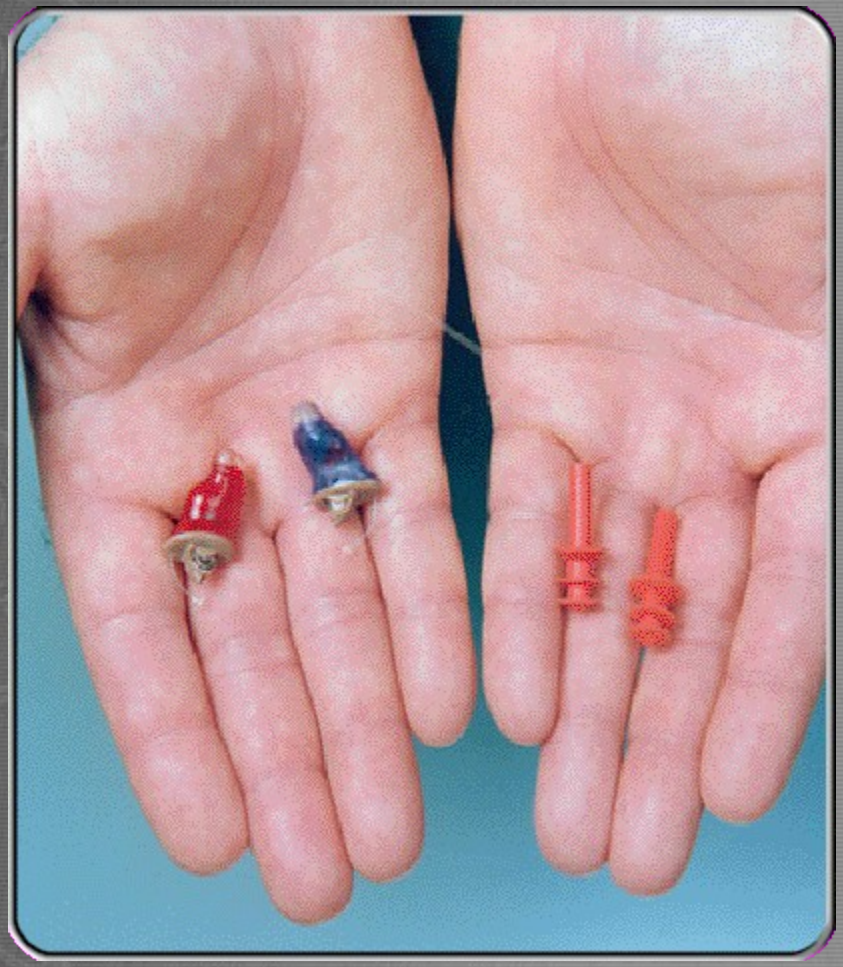
Aero Combat Arms Earplug

- ***Insert YELLOW plugs for weapons fire in dismounted mode.***
- ***Insert OLIVE DRAB plugs for steady state noise in and around aircraft, noisy vehicles and watercraft. etc.***
- ***Keep filter holes free of earwax and other debris.***
- ***Check proper insertion for slight tension by gently tugging on plugs.***
- ***Ensure that plugs are cleaned with soap and water and dry when returned to case.***

- ***http://botachtactical.com/aerocomarear.html***



Individual Preventive Medicine Measures- IPMM



After 20 Years of Service...
Only One Regret

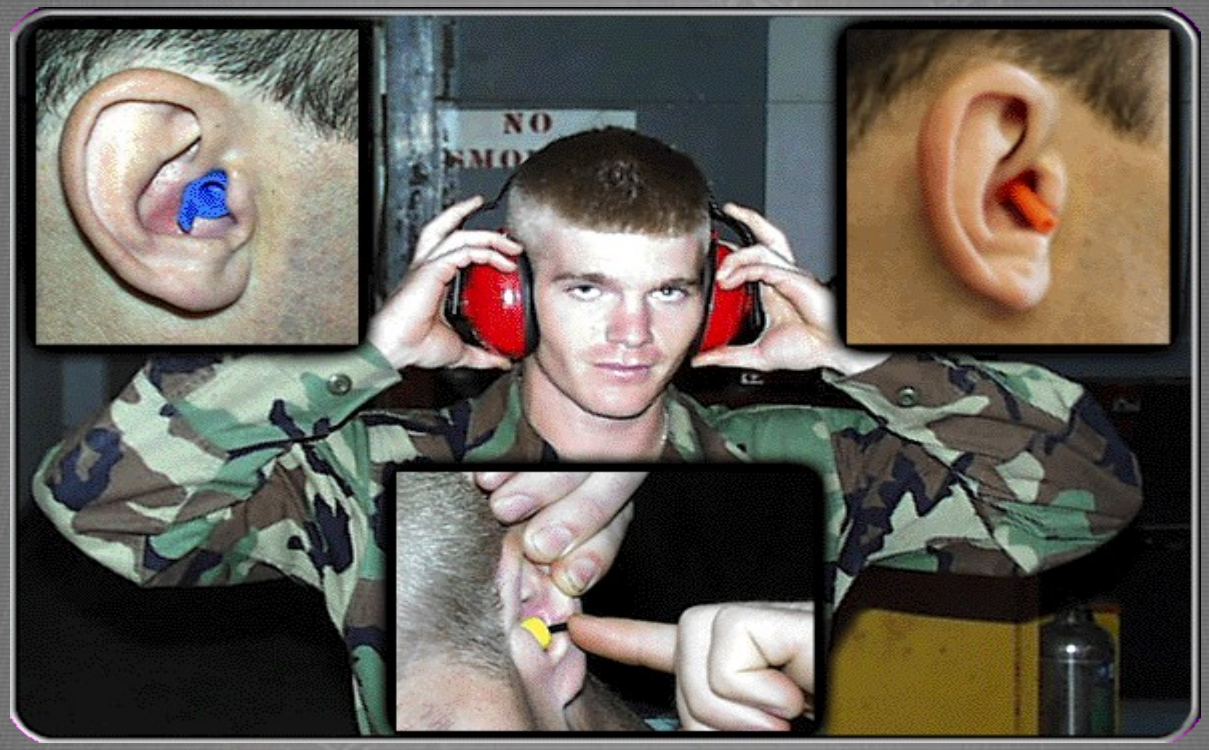
SGM Kevin M. Skelly

NCO Journal, Fall 95

IPMM (cont.)

- Wear hearing protection
- Do not remove inserts from helmets
- Avoid exposure to noise
- Keep hearing protectors clean

Hearing Protectors



- Must create a good seal
- Will work loose, must be re-seated
- Will not inhibit conversation
- Reduce noise levels by 15 - 35 dB

Demonstration

PROPER WEAR OF HEARING PROTECTORS

Demonstration (cont.)

- Remember - the only effective hearing protector is the one that is worn
- Hearing damage becomes progressively worse with each exposure
- YOU must be able to convince fellow soldiers of the importance of wearing hearing protection

Noise Management

- Identify noise hazards
- Leader awareness
- Medical support
- Train soldiers to avoid noise
- Control noise sources

SUMMARY